



sleepweek

Sleep education wherever you are
20-23 October 2020

Sleep Week 2020 Program

Short Course #2: Foundations of Sleep

Tuesday, October 20 10:00am - 5:00pm

Session 1: 10:00-10:05am

Welcome

Speaker: Alan Young, ASA President

Session 2: 10:05-10:35am

What is sleep, why is it important?

Speaker: Christopher Worsnop

Session 3: 10:35-10:50am

What is 'good sleep' and how to wake refreshed in the morning

Speaker: Nigel McArdle

Session 4: 10:50-11:15am

Societal prevalence and consequences of sleep disorders

Speaker: Yu Sun Bin

Session 5: 11:15-11:40am

How do we measure sleep?

Speaker: Kerri Melehan

Session 6: 11:40-12:00pm

Assessment and management of sleepiness, including driving

Speaker: Mark Howard

Session 7: 12:00-12:20pm

The three clocks - what is the circadian rhythm?

Speaker: Amy Reynolds

Break

Session 8: 1:00-1:20pm

Common non-respiratory sleep disorders (1): circadian rhythm disorders, restless legs and periodic limb movement syndromes, parasomnias, narcolepsy

Speaker: Fergal O'Donoghue

Session 9: 1:20-1:35pm

Common non-respiratory sleep disorders (2): insomnia

Speaker: Hailey Meaklim

Session 10: 1:35-1:55pm

Sleep disordered breathing - OSA, CSA, UARS, snoring and hypoventilation

Speaker: Bhajan Singh

Session 11: 1:55-2:15pm

Co-morbidities of OSA - diabetes, hypertension, cardiovascular disease

Speaker: TBC

Session 12: 2:15-2:35pm

Consequences of OSA - cognitive dysfunction, depression and dementia

Speaker: Michelle Olaithe

Session 13: 2:35-2:55pm

Management of OSA - CPAP

Speaker: Liam Hannan

Break

Session 14: 3:10-3:30pm

Surgical management of sleep disordered breathing

Speaker: Leon Kitipornchai

Session 15: 3:30-3:45pm

Management of OSA - weight loss, positional therapy, HGNS, others

Speaker: Simon Joosten

Session 16: 3:45-4:30pm

Oral appliances to manage sleep-disordered breathing, including side effects

Speaker: Ramesh Balasubramaniam

Session 17: 4:30-4:40pm

Clinical management pathways for the patient with OSA

Speaker: Maree Barnes

Session 18: 4:40-5:00pm

Paediatric sleep apnoea with management

Speaker: Jasneek Chawla

5:00pm: Close of session

Registrations for Sleep Week open in August